



Enrollee Newsletter

Volume 1, Issue 2

February 2016

Spring

SFCCN: CREATING A HEALTHY COMMUNITY ONE PERSON AT A TIME

IN THIS ISSUE: PREVENTATIVE CARE, ADHD, VISION SERVICES, AND DENTAL CARE.

“We could save over
100,000
Lives each year.”

“If everyone in the U.S. received the recommended preventive care services we could save 100,000 lives each year.”¹

What is preventive care? Preventive care is getting regular medical care when you are **healthy** to prevent illness or disease in the future. This includes health services like doctor check-ups, screenings/tests, and patient counseling that doctors use to help you prevent illness, disease, and other health problems, or to discover illness at an early stage in order for treatment to work best.

Do you know who your primary doctor is?

This information can be located on the back of your insurance card or you can contact enrollee services at **1-866-899-4828**

Visit your doctor for regular check-ups.

Your doctor can:

- ✓ Check for high blood pressure, diabetes, and cholesterol.
- ✓ Perform Cancer screenings like mammograms and colonoscopies.
- ✓ Lifestyle counseling to help you:
 - Quit smoking
 - Lose Weight
 - Eat healthy
 - Reduce Alcohol use
- ✓ Screenings for STDs (Sexually Transmitted Diseases)
- ✓ Identify and treat Depression.
- ✓ Care for Healthy Pregnancies.
- ✓ Vaccinations like flu, pneumonia, measles, polio, meningitis and other diseases.

DID YOU **KNOW** 



Vision Benefits on Page 2
 SFCCN also cares about your eyesight! Learn how to schedule your appointment.



Dental Benefits on Page 3
 Did you know that you have dental services available with SFCCN?

- Children’s Dental Health Month
- How to contact a dental provider

¹ & ² Content source: [Centers for Disease Control and Prevention](#)
 Always consult your physician before making any changes to your lifestyle or healthcare routine.

Attention Deficit Hyperactivity Disorder



★ Coming soon you may be contacted to take our enrollee satisfaction survey. Here at SFCCN we "Strive for 5".
★ A five star rating is our goal. Please let us know what we can do to assist you better. ★

"ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active"².

ADHD stands for Attention deficit hyperactivity disorder. Having trouble focusing and behaving is normal for children, but children with ADHD do not grow out of these behaviors. Other symptoms of ADHD are daydreaming a lot, talking too much, squirming or fidgeting, being forgetful or losing things necessary for tasks or activities like pencils and books, making careless mistakes, taking unnecessary risks, having trouble taking turns, and having difficulty getting along with others. There is not just one test to diagnose ADHD, but your child's doctor can do a medical exam including checking for normal hearing and vision to make sure that the behaviors or symptoms are **not** because of another cause.

More than 1 in 10 children have been diagnosed with ADHD at some point in their life. This is about 6.4 million children in the United States. Symptoms of ADHD can change as your child gets older and they do not always go away. You should always check with your doctor if you see any changes in behavior.

ADHD Medications

There are many medications used to treat ADHD including:

- Methylphenidate
- Adderall XR
- Vyvance
- Focalin XR
- Quillivant XR

* These medications, if extended release, are not approved in children under 6 years of age.

*It is very important that if your child is started on one of these medications for the first time, or any time a new ADHD medication is started, you return for a follow up visit to the doctor's office no later than **30 days** of starting the new medication so your doctor can make sure the new medication is helping your child and your child is tolerating the new medication without problems.*

Do you need your eyes checked ?

As a member of South Florida Community Care Network you have vision benefits that allow for you to receive free vision services like eyes exams and even glasses if you need them.

Your vision benefits are through South Florida Vision who are located throughout Broward County with locations in: Oakland Park, Ft. Lauderdale, Davie, Deerfield Beach, Margate, and Pembroke Pines.

To make your appointment today please call **1-800-888-930-EYES**



Are you Diabetic?

If so, it's even more important to get an annual vision screening. Diabetes is the leading cause of blindness among U.S. adults aged 20–74 years.

² Centers for Disease Control and Prevention

Content source: Center for Disease Control and Prevention

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February is National Children’s Dental Health Month

Let’s get a good start for the New Year. Schedule a dental visit for your child. It is important to have regular dental exams. It helps prevent Cavities. The dentist could apply sealants to protect the teeth. Children can learn how to brush and floss correctly. Good habits at an early age helps children get a good start on a lifetime of healthy teeth and gums.

Give Your Child a Healthy Smile Today!



Dental benefits are provided through Managed Care of North America, Inc. (MCNA Dental Plans).

Covered services include exams, x-rays, cleanings, fluoride, fillings, extractions, and other services.

To find a dentist you can go online at: <http://www.mcna.net/en/sfccn>

If you have any questions about your benefits or need additional information, please contact MCNA’s Enrollee Services at **1-800-282-3089** (TDD/TTY: 1-800-955-8771).



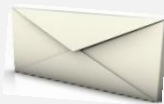
ARE YOU NEW TO SFCN?

We want to know how we can **serve** you better.

We offer many services that may help you! Included in your welcome packet is a one page survey about your current health.

To find out more about what free services we offer please return this to us in the mail using the **FREE self-addressed envelope included** or call us at:

1-866-899-4828
Monday-Friday
8:00am - 7:00pm



By Phone

1-866-899-4828 TTY/TDD 1-800-424-0328
Our Enrollee Service Representatives are available Monday-Friday
8:00 am - 7:00 pm

On the Internet

<http://www.sfchp.org>

By Mail/Suggestion or Comments

Attention: Enrollee Services
South Florida Community Care Network
PO BOX 841309
Pembroke Pines, FL 33084

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 / TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET.

Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm.

¹ & ² Content source: [Centers for Disease Control and Prevention](#)
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